

MEAL PATTERN FOR ADULTS

Food Components Adult may decline items in "offer vs. serve"	Breakfast¹ May decline 1 of 4 items	Lunch² May decline 2 of 6 items	Supper³ May decline 2 of 5 items	Snack Serve 2 components
Milk Milk, Fluid	(one serving is) 1 cup	(one serving is) 1 cup	(none)	(one serving is) 1 cup
Vegetables and/or Fruits Vegetable(s) and/or Fruit(s) or Full-strength vegetable or fruit juice or an equivalent combination of vegetable(s), fruit(s), and juice.	(one serving is) ½ cup or ½ cup	(two servings are) 1 cup total	(two servings are) 1 cup total	(one serving is) ½ cup or ½ cup
Bread and Bread Alternates Bread or Cornbread, biscuits, rolls, muffins, etc. or Cold dry cereal or Cooked cereal or Cooked pasta or noodle product or Cooked cereal grains or an equivalent quantity of any combination of bread/bread alternate	(two servings are) 2 slices or 2 servings or 1 ½ cups or 3 oz. or 1 cup or 1 cup or 1 cup	(two servings are) 2 slices or 2 servings or 1 cup or 1 cup or 1 cup	(two servings are) 2 slices or 2 servings or 1 cup or 1 cup or 1 cup	(one serving is) 1 slice or 1 serving or ¾ cup or 1 oz. or ½ cup or ½ cup or ½ cup
Meat and Meat Alternates Lean meat or poultry or fish or Cheese or Eggs or Cooked dry beans or peas or Peanut butter or soynut butter or other nut or seed butters or Peanuts or soynuts or tree nuts or seeds or Yogurt, plain or sweetened and flavored or An equivalent quantity of any combination of the above meat/ Meat alternates	(none)	(one serving is) 2 oz. or 2 oz. or 1 egg or ½ cup or 4 tbsp. or 1 oz. = 50% 8 oz. or 1 cup	(one serving is) 2 oz. or 2 oz. or 1 egg or ½ cup or 4 tbsp. or 1 oz. = 50% 8 oz. or 1 cup	(one serving is) 1 oz. or 1 oz. or 1 egg or ¼ cup or 2 tbsp. or 1 oz. or 4 oz. or ½ cup

OFFER VS SERVE allows the Adult Day Care Center the option of serving less than all required components when declined by enrolled adults as follows.

- (1) **One of the four** food items (one serving of milk, one serving of vegetable and/or fruit, and two servings of bread or bread alternate) required at breakfast;
- (2) **Two of the six** food items (one serving of milk, two servings of vegetable and/or fruit, two servings of bread or bread alternate, and one serving of meat or meat alternate) required at lunch;
- (3) **Two of the five** food items (two servings of vegetables and/or fruit, two servings of bread or bread alternate, and one serving of meat or meat alternate) required at supper.
- (4) Choose two of four possible components.

NOTE: The price of a reimbursable meal shall not be affected if an adult participant declines a food item.